

SAIL  **CHALLENGE QUÉBEC**
POWERED BY **ARGON 18**

THE ROAD TO **DATEV**  **CHALLENGE ROTH**

ATHLETE'S GUIDE

SAIL CHALLENGE QUÉBEC TRIATHLON
JUNE 26–28, 2026

Bassin Louise, AXE Dufferin–Montmorency
Vieux-Québec, Rivière Saint-Charles
Espace Quatre Cents
QUÉBEC, QC, CANADA

challenge-quebec.com

2026





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**LA MINISTRE DU TOURISME,
AMÉLIE DIONNE**

Un grand défi sportif à Québec

Les compétitions et les événements sportifs sont importants pour notre dynamisme économique. Facteurs d'attraction autant pour les athlètes que les citoyens, ils enrichissent l'expérience et l'offre touristiques tout en faisant la promotion de l'activité physique.

C'est avec fierté que le gouvernement du Québec soutient l'édition 2026 du Challenge Québec, source de moments mémorables pour les visiteurs de la région de la Capitale-Nationale. Ce rendez-vous contribue à positionner le Québec comme une destination de choix pour ce type d'activités et les sportifs qui y participent.

Nous tenons à féliciter les membres de l'équipe organisatrice pour leur implication et les efforts qu'ils ont déployés dans la réalisation de cet événement. Le travail des différents acteurs de l'industrie événementielle est essentiel pour l'attractivité de nos régions.



**LE MINISTRE DE
L'EMPLOI ET MINISTRE
RESPONSABLE DE LA
RÉGION DE LA
CAPITALE-NATIONALE,
JEAN-FRANÇOIS SIMARD**

Bâtir  l'avenir

Québec 



Québec City is on the move! In late June, it will come alive with triathlon excitement for a third consecutive year — exactly the kind of momentum we want to support in making our city the most active in Canada.

It's no coincidence that SAIL Challenge Québec was named best race at the Challenge Family Awards, an international honour voted on by athletes from around the world.

Here, sporting events deliver a truly immersive experience in an exceptional setting where nature and culture come together: Bassin Louise, the St. Lawrence River, Montmorency Falls, Rivière Saint-Charles, and, of course, Old Québec, a UNESCO World Heritage gem.

Whether you're a recreational or elite athlete, the energy of the crowd and the electric atmosphere will carry you along this world-class triathlon course.

Québec City is proud to welcome you and to partner with an event that showcases the importance of active living and major sporting events in building the vibrant community we strive to create.

Congratulations to the organizing team and the many volunteers.

Best of luck to all participants — enjoy every moment, and have a great race!

BRUNO MARCHAND
MAYOR OF QUÉBEC





Yihéh aweti'!

It is with great pride, on behalf of the Wendat Nation, that I welcome all athletes to Challenge Québec, held on the Onyionhwentsiio', our ancestral territory.

You will take part in this sporting event at the heart of a living territory, shaped by the enduring presence of the Wendat people. Near Akiawenhrahk, along the waterway now known as the Saint-Charles River—a name that means “trout” in the Wendat language—many traditional activities took place, centered on food, travel, and a deep connection to nature. This river, along with its banks, remains a place of well-being, rejuvenation, and recreational activities lived in harmony with the land.

May the Onyionhwentsiio' grant you strength and wisdom throughout your journey, and may this experience bring you personal growth, balance, and new discoveries.

I wish you a memorable stay and a truly inspiring event.

Eskwayen'!

PIERRE PICARD
GRAND CHIEF OF THE WENDAT NATION





Bienvenue au Port de Québec !

Que vous soyez un(e) triathlète aguerri(e) ou que vous releviez ici votre tout premier défi en triathlon, votre présence en soi est une victoire. S'inscrire, s'entraîner, se dépasser : l'ensemble de votre travail mérite d'être célébré.

Le SAIL Challenge Québec, c'est bien plus qu'une compétition. C'est un moment de rencontre, d'énergie collective et de fierté partagée, dans un décor à couper le souffle. Plonger dans le bassin Louise du Port de Québec avec un tout nouveau parcours, parcourir les rues chargées d'histoire et longer le fleuve : chaque étape devient une expérience inoubliable.

Au cœur de l'événement, l'Oasis du Port de Québec vous accueille comme un véritable lieu de vie : un espace pour reprendre votre souffle, célébrer vos efforts et vibrer avec les autres athlètes, vos proches et les spectateurs.

Pour cette 3^e édition, nous sommes fiers d'ouvrir à nouveau notre territoire aux citoyens et visiteurs et de vous offrir un terrain de jeu à la hauteur de votre engagement. Merci de faire rayonner Québec par votre passion, votre détermination et votre esprit sportif.

Prenez le temps de profiter de chaque instant. Ici, tout est en place pour que vous repartiez avec bien plus qu'un résultat : des souvenirs marquants.

Bonne chance et bon séjour parmi nous !

OLGA FARMAN
PDG DU PORT DE QUÉBEC



Dear Athletes

We are delighted to be back with you and making triathlon history in Québec City as we celebrate the first long distance triathlon to take place in the historic heart of Québec.

SAIL Challenge Québec powered by Argon 18 is one of Canada's fastest growing triathlons and it's truly inspiring to see so many athletes from throughout North America and around the world racing over the long, middle and shorter distances.

Thank you for your passion and commitment to race SAIL Challenge Québec and for your trust in Challenge Family. I also express my thanks to Dominique Piché and his entire team who have worked so hard to bring this race to you throughout the past year. And special thanks must go to the countless volunteers, local stakeholders, sponsors as well as the local community for their on-going support.

Challenge Family is committed to delivering inclusive and welcoming events around the world. This is especially so here in Québec with a host of events for all ages and abilities. The exceptional hospitality, the stunning backdrop, the iconic course and unique setting all combine to create an unforgettable weekend of sport for all.

I wish you all the very best for your race and see you at the finish line!

JORT VLAM
CEO - CHALLENGE FAMILY





Dear participants, volunteers, and outdoor enthusiasts,

SAIL is proud to present the third edition of the Challenge Québec! We are proud to have been the title partner of this large-scale event since its very beginning, alongside such an inspiring community of triathletes.

More than just a competition, the SAIL Challenge Québec is an invitation to push your limits and fully embrace your passion for sport, adventure, wellness, and the outdoors. Whether you are an experienced triathlete taking on the incredible challenge of long-distance racing, or participating in your very first triathlon, we encourage you to enjoy every moment of your journey.

We would also like to highlight the exceptional work of the organizers, the generosity of the volunteers, and the incredible energy of the spectators who make this event possible. Your dedication and presence truly make all the difference.

We wish you all an amazing race!

ISABELLE LEMAY
PRESIDENT AND CHIEF EXECUTIVE OFFICER,
SAIL PLEIN AIR INC.

SAIL



Argon 18 is proud to renew its partnership with Challenge Québec as a presenting partner. Year after year, this event continues to grow and has firmly established itself as a mustattend gathering for the entire triathlon community. We are truly delighted to be part of it once again.

Challenge Family and the entire Challenge Québec team do an outstanding job of delivering an unforgettable experience not only for the athletes, but also for everyone who comes out to cheer them on. From start to finish, the energy here is unmatched!

Triathlon has always been at the heart of Argon 18. It's part of who we are, here in Québec and around the world. Returning to Québec City, surrounded by such passion and commitment, gives this event a particularly meaningful dimension for us.

This year is especially exciting with the addition of the full-distance R226, an ambitious challenge and an important milestone in the evolution of the event. Whether you are taking on the C25, the A51, the P113, or the brandnew R226, you are part of something truly special!

To all athletes: savor every moment. Push your limits, trust your preparation and embrace the experience fully. Whether you're aiming for the podium or a personal best, this is your day, make it unforgettable.

Best of luck to each and every one of you. We look forward to seeing you out on the course!

MARK HEWITT
CEO, ARGON 18

ARGON 18 

Athletes,

On behalf of the entire production team for this event, we welcome you to the 3rd edition of the Sail Challenge Québec powered by Argon 18!

As triathletes, you are often asked why you chose this kind of challenge. Why train early, sleep little, and willingly endure discomfort? The answer lies in the determination you show every single day. Triathlon is not just a sport – it's a life story!

You never let the fear of failure hold you back. Remember: today's sweat is tomorrow's success. Every precise stroke in the water, every pedal stroke, every kilometer you run brings you closer to your goal. Your discipline is your greatest asset!

On Saturday and Sunday, June 27 and 28, you will not choose the easy path: you will choose victory over yourself! Triathlon is an individual sport, but success is a collective achievement!

Be proud of what you have accomplished. To succeed is to begin, to persevere, and to cross the finish line together. Thank you for being models of determination!

The accomplishment and success of this event would not be

Pierre Veronneau Sébastien Carrier Luc Diotte Nicolas Fradette Kaven Tanguay Ryan Raymond
Dominique Piché Michel Gagné Eric Saindon Myrannic Tremblay Pierre Asselin PO Belcourt
Steve Corbeil Marline Côté Sandra Issaco Alexandru Horvat Samuel Therrien

possible without the invaluable collaboration and unwavering commitment of our major partners: Sail, Argon 18, Laval Volkswagen, the City of Québec, the Wendat Nation, the Government of Québec and the Port of Québec.

Finally, we would like to express our deepest gratitude to the more than 500 dedicated volunteers who are part of our large family. Their generosity, energy, and enthusiasm are invaluable assets to the success of your triathlon.

Know that there is something more powerful than the will to win: the courage to begin!

Congratulations, and see you soon at your finish line!

FROM YOUR SAIL CHALLENGE QUÉBEC TEAM!

Isabelle Fradette Amy Page Alexandra Lauzier Vicky Falardeau
Eric Constant Mathieu Bouffard Béatrice Vallière Annie Mercier
Audrey Roy Sophie Yergeau Geneviève Arsenault Marc Roy
Frédérique Lavoie Lyne Brisebois Alexandre Charest Luc Fournier
Patrick Vachon

André Gagné

Sportstats

Jean Ducllet

Randy Ferguson

Robert Mahais

Caroline Longchamps





SAIL

SAIL VOUS SOUHAITE UNE BONNE COURSE
SAIL WISHES YOU A GOOD RACE

LA PLUS GRANDE DESTINATION PLEIN AIR | THE ULTIMATE OUTDOOR SUPERSTORE

Fièremment d'ici 🍀 | **Proudly Canadian** 🍁

sail.ca

THE WORLD'S FASTEST TIME TRIAL HELMET

EKOI
PURE
AERO

LE CASQUE LE PLUS RAPIDE AU MONDE

The advertisement features four cyclists and their helmets. The central cyclist wears a white jersey with 'EKOI', 'CAISSE D'ÉPARGNE', 'SAINT JEAN MONTREAL', and 'cervélo' logos. To his right, another cyclist wears a white jersey with 'CANYON' and a helmet with 'Red Bull' branding. In the foreground, two more helmets are shown, one with the number '44' and another with '6'. The background is dark with a blue diagonal pattern on the left.

SHOP ONLINE | RENDEZ-VOUS SUR | [EKOI.COM](https://www.ekoi.com)



REGISTRATION & ATHLETE KIT PICK UP

Registration will not be available on the day of the event. Registration will be closed once we have reached the maximum number of participants per event.

Participants should ensure they bring photo identification, or the email confirming their registration for the event. Only those registered for the event can pick up their kit.

i

Participants must collect their own kits; picking up a kit for someone else is not allowed. For relay teams, one team member may collect the team kit if they have a completed proxy form signed by each teammate. Race bib numbers will be published during the week prior to the event.

[CLICK HERE FOR THE TEAM MEMBER PROXY FORM.](#)



WHERE

**Le Pavillon de l'Espace Quatre Cents,
Quai Saint-André,
Québec, QC G1K 3Y2**



THE PARTICIPANT KIT INCLUDES:

- A swim cap
- A race bib
- Stickers with numbers for your bike and helmet
- A participant jersey
- A proxy form for the retrieval of bicycles and personal belongings after the race
- A timing chip
- A Cadomotus bag

ATHLETE'S WRIST BAND

A band with your athlete number will be attached to your wrist at check in. It identifies you as an official participant, and you must wear it at all times during the event.

It helps medical personnel identify you and gives you access to the transition and recovery areas after the race.

If you don't have your wrist band on, you will not be allowed to collect your bike or gear from the transition zone.

Kits can be picked up at the following times:

C25 SPRINT

A51 OLYMPIQUE

P113 DEMI

Friday, June 26, 2026, from 12:00 p.m. to 7:00 p.m.

R226 LONGUE DISTANCE

Friday, June 26, 2026, from 12:00 p.m. to 5:30 p.m.

P113 DEMI

Saturday, June 27, 2026, from 1:30 p.m. to 5:30 p.m.

WORLD CLASS *SPEED*



RIDE OUT OF THE ORDINARY - ARGON18.COM

ARGON 18 



Québec ANIMÉE

Activités et événements de l'été

CONSULTEZ LA PROGRAMMATION
Check out summer activities and events



MANDATORY PRE-RACE MEETING

BRIEFING SCHEDULE:

C25 SPRINT

A51 OLYMPIQUE

INDIVIDUEL

Friday, June 26, 2026

Time: 3:00 p.m. and 4:00 p.m. (your choice)

Location: L'amphithéâtre naturel de l'Espace Quatre Cents
BUZZ LAVAL Volkswagen Stage, the exhibitor area

C25 SPRINT

A51 OLYMPIQUE

TEAM

Friday, June 26, 2026

Time: 4:00 p.m.

Location: L'amphithéâtre naturel de l'Espace Quatre Cents
BUZZ LAVAL Volkswagen Stage, the exhibitor area

At least one athlete per team must attend.

P113 DEMI

INDIVIDUEL

Saturday, June 27, 2026

Time: 3:00 p.m. and 4:30 p.m. (your choice)

Location: L'amphithéâtre naturel de l'Espace Quatre Cents
BUZZ LAVAL Volkswagen Stage, the exhibitor area

TEAM

Saturday, June 27, 2026

Time: 4:45 p.m.

Location: L'amphithéâtre naturel de l'Espace Quatre Cents
BUZZ LAVAL Volkswagen Stage, the exhibitor area

R226 LONGUE DISTANCE

INDIVIDUEL

Friday, June 26, 2026

Time: 5:30 p.m.

Location: La Caserne – scène jeune public
103, rue Dalhousie, Québec, G1K 4B8

MON PREMIER TRIATHLON

Friday, June 26, 2026

Time: 3:00 p.m.

Location: L'amphithéâtre naturel de l'Espace Quatre Cents
BUZZ LAVAL Volkswagen Stage, the exhibitor area

EMERGENCY NUMBER

Before you arrive at the event, make sure you know how to stay in touch with family and friends at home. Share the number below with anyone who may need to contact you in case of an emergency. If they are going to be on site at the Triathlon, also make sure to arrange a meeting point with them after the event.

Hours for the emergency phone line:

Friday, June 26: 7:00 a.m. to 8:00 p.m.

Saturday, June 27: 7:00 a.m. to 8:00 p.m.

Sunday, June 28: 7:00 a.m. to 2:00 p.m.

EMERGENCY MEDICAL SERVICE CONTACT

1 877 415-9926

TRAINING AND SAFETY



SWIM TRAINING

Be sure to train in the designated lane at the PORT OF QUÉBEC OASIS. There are swimming lanes. You WILL NOT have access to the swim course before the race. The Port of Québec Oasis will be available for training: <https://loasis.portquebec.ca>

Port of Québec Oasis

80, Quai Saint-André, Québec, QC G1K 3Y2

Nearest pool to the YMCA site

Saint-Roch : <https://www.ymcaquebec.org/fr/Trouver-un-Y/YMCA-Saint-Roch>

PEPS Pool at Laval University

Schedule: <https://peps.ulaval.ca/activite/bains-libres>



BIKE TRAINING

You will not be able to train on the bike course before the race. Most of the course is on the Dufferin-Montmorency Highway and cycling is **STRICTLY** prohibited there.

Here are the suggested routes in beautiful Québec City: <https://www.quebec-cite.com/fr/quoi-faire-quebec/course-apied-vieux-quebec>.



RUNNING TRAINING

You must use sidewalks when running.

Here are some great routes you might like to try: <https://www.quebec-cite.com/fr/quoi-faire-quebec/course-apied-vieux-quebec>.

IDENTIFICATION

RACE BIB

Only wear the race bib when running, as shown in the drawing.

BIKE STICKER

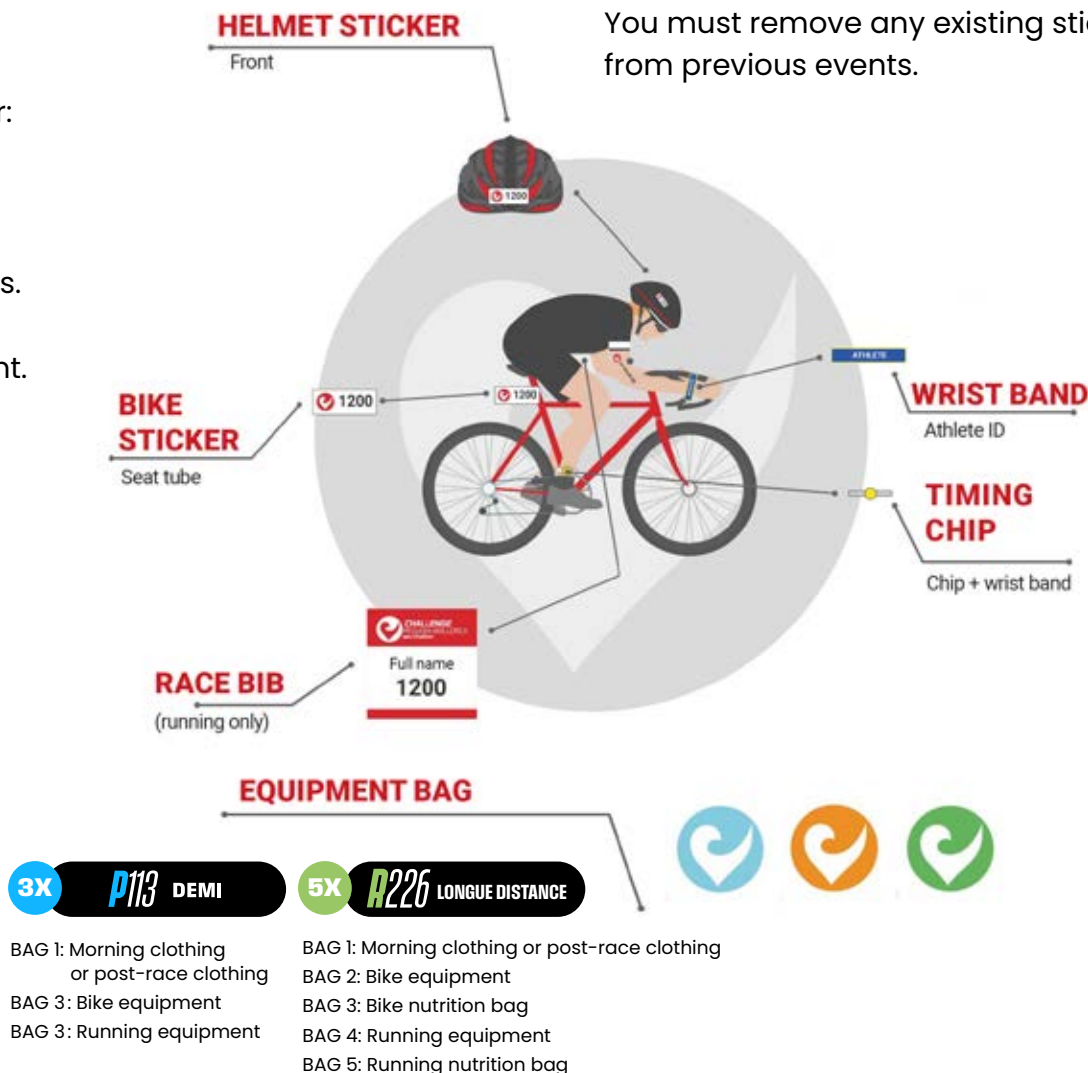
You will have two stickers in your envelope for your:

- Cadre de vélo
- Casque

Make sure the sticker is clearly visible on both sides. You cannot alter the sticker, and the event logo must be visible. Place the helmet sticker at the front.

No personal bags will be allowed in the transition area.

No other stickers are allowed on your bike, except those provided at check in. You must remove any existing stickers from previous events.



ESSENTIALS

C25 SPRINT

A51 OLYMPIQUE

P113 DEMI

R226 LONGUE DISTANCE



SWIMMING

Event swim cap	✓	✓	✓	✓
Swim goggles	✓	✓	✓	✓
Trisuit or swimsuit	✓	✓	✓	✓
Optional wetsuit, reference page 39	✓	✓	✓	✓
Timing chip	✓	✓	✓	✓
Morning bag Place all items you will need after the race (dry clothes, medication, etc.) in your morning clothing bag.			✓	✓



BIKE

Cycling helmet	✓	✓	✓	✓
Hydration bottle	✓	✓	✓	✓
Repair kit	✓	✓	✓	✓
Cycling shoes	✓	✓	✓	✓
Socks and gloves	✓	✓	✓	✓
Personal Needs Bag A personal needs bag will be located around the halfway point of the bike course. Prepare this bag with your preferred nutrition items, extra pairs of socks, sunscreen, etc.				✓



RUN

Running shoes	✓	✓	✓	✓
Race belt and bib	✓	✓	✓	✓
Hydration belt or vest	✓	✓	✓	✓
Visor or cap	✓	✓	✓	✓
Socks	✓	✓	✓	✓
Sunglasses	✓	✓	✓	✓
Personal Needs Bag A personal aid station will be located around the halfway point of the run course. Athletes may prepare this bag with their preferred nutrition items, extra socks or shoes, sunscreen, etc.				✓
Please note that for C25 and A51, NO bags will be handed out; a 50 cm space between each bike is allowed for transition setup.	✓	✓		
Please also note that bags for P113 and R226 will be provided for your sports equipment. You will be able to pick up your bags at transition.			✓	✓
Please note that personal nutrition bags for P113 and R226 will be available at the halfway point of the bike course and the halfway point of the run course. Do not put valuables in the bags, as the bags will not be returned to you.			✓	✓

PARKING AND SITE ACCESS

P

PORT DE QUÉBEC

Bassin Louise

155, rue Abraham-Martin, Québec (QC) G1K 8N2

NOTE: If you expect to have to leave before the roads reopen, do not use the Promenade or Saint-André parking lots. If you park at a hotel close to the competition site, ask about how you can leave with your vehicle before the race is over.



BASSIN LOUISE PARKING LOT



P

PARKING

We are pleased to inform you that several parking options are available near the competition site. We encourage you to use these locations for your convenience as a race participant. Safe travels, and see you at the race!

P

GESPARC

Promenade

125, rue Dalhousie, Québec (QC) G1K 4C5

SPECIAL OFFER: Arrive between 4:00 a.m. and 6:00 a.m. and get the early bird rate of \$10 for the day!

* You will not be able to move your vehicle between June 26 and Sunday, June 28, from 6:00 a.m. to 12:00 p.m.

St-Thomas

217, rue Saint-Paul, Québec (QC) G1K 9K9



PROMENADE PARKING LOT



ST-THOMAS PARKING LOT

P

SPAQ

Place des Canotiers

40, rue Dalhousie, Québec (QC) G1K 4B2

Navigateur

98, rue des Navigateurs #2,

Québec (QC) G1K 8E4



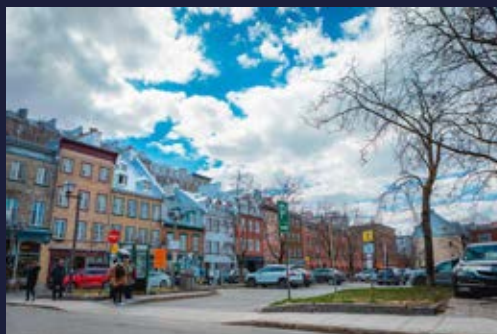
PLACE DES CANOTIERS

P

INDIGO

Terrasse du Vieux-Port

76, rue Dalhousie, Québec (QC) G1K 4B2



NAVIGATEUR PARKING LOT



TERRASSE DU VIEUX-PORT
PARKING LOT





WE RECOMMEND YOU WALK, TAKE PUBLIC TRANSIT, OR BE DROPPED OFF TO ACCESS THE EVENT SITE.



VÉLO

We strongly encourage you to use the *àVélo* service to get to the site. Download the app and enjoy this electric-assist bike-sharing service: www.rtcquebec.ca



TRANSPORT EN COMMUN

We encourage you to take public transit to the Triathlon site. Visit the RTC website for details. www.rtcquebec.ca



THANK YOU TO OUR HOTEL PARTNERS

We invite you to take full advantage of your experience by staying at one of our carefully selected partner hotels. Enjoy premium rates, quality service and comfortable accommodations to recharge before and after your races.

Book now and make your stay an experience to remember.

Link to all accommodation options:

<https://www.quebec-cite.com/fr/hebergement-quebec>



144, RUE ST-PIERRE, QUÉBEC



Explore Québec City, one neighbourhood at a time.



Discover the best addresses
and nearby neighbourhoods.

QUÉBEC cité
l'accent
d'Amérique



THE MEDICINE WHEEL

The Medicine Wheel is an indigenous symbol that serves as a guide for achieving overall wellbeing.

It reminds us that health is not limited to the physical body: it depends on the balance between the body, emotions, mind, and spiritual dimension. It embodies circular thinking.

THE WENDAT CLANS

The clans of the Wendat Nation correspond to the traditional divisions of their former confederacy.

In Wendake, four clans are represented: the Bear Clan, the Wolf Clan, the Turtle Clan, and the Deer Clan.

La Commission de la capitale nationale du Québec est très heureuse d'accueillir la 3^e édition du triathlon SAIL Challenge Québec, propulsé par Argon 18.

The Commission de la capitale nationale du Québec is very pleased to welcome the third edition of the SAIL Challenge Québec triathlon, powered by Argon 18.

capitale.gouv.qc.ca



The Site at a Glance



SAIL  **CHALLENGE QUÉBEC**
 POWERED BY ARGON 18
 THE ROAD TO  DATEV  CHALLENGE ROTH



TIMING AND RESULTS

Your friends and family will be able to track each race live. They simply need to visit sportstats.ca or scan the QR code below to download the iPhone/Android app.

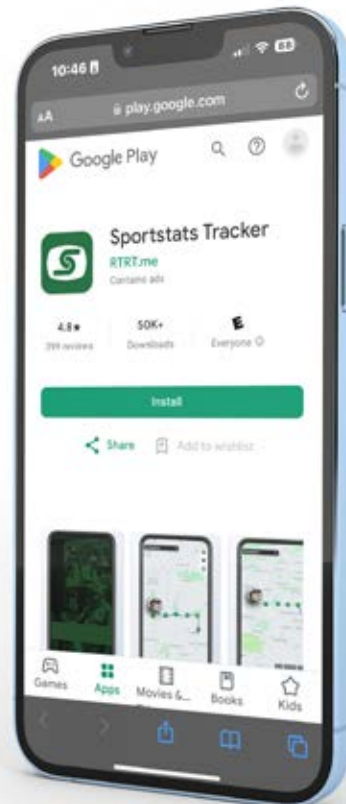
The results will not be displayed on site.

QR CODE FOR THE SPORTSTATS APP

Android QR code to app:



IOS QR Code to app:



FOR SAIL CHALLENGE QUÉBEC RESULTS.



ELECTRONIC CHIPS

Participants will receive electronic chips at check in. Put your timing chip on your ankle before heading to the start area. If you do not have a chip, you will not have an official time!

The organization will provide one chip per team for athletes taking part in team relay races. Team members will have to exchange the chip at the designated chip exchange area between each discipline (e.g., swimmer to cyclist, cyclist to runner).

Volunteers will be in charge of removing chips at the finish line.

THERE IS A \$75 FEE FOR CHIPS THAT ARE NOT RETURNED AFTER THE RACE.



**IF YOU DO NOT HAVE
A CHIP, YOU WILL NOT HAVE
AN OFFICIAL TIME!**



MANDATORY BIKE DROP-OFF

You must drop off your bike in the transition area **between 12:00 p.m. and 7:30 p.m. on Friday, June 26** for the **C25 SPRINT** and **A51 Olympic** events. You must drop off your bike in the transition area **between 1:30 p.m. and 6:00 p.m. on Saturday, June 27** for the **P113 Half** and **R226 Long Distance** events.

No bicycle drop-off will be allowed on the morning of the event.

You will place your bike on the bike rack at the location corresponding to your bib number. You will be allowed to cover your bike seat and handlebars. Full bike covers are NOT permitted. Any cover left on a bike after the transition area closes will be removed. You will not be allowed to remove your bike from the transition area before the start of the cycling leg.



TRIATHLON QUEBEC




REGULATIONS IN FRENCH

<https://www.triathlonquebec.org/officiels/reglements/>




MAXIMUM TIMES

Based on road closure permits and athlete safety, time limits must be adhered to for all Challenge Québec events.

C25 SPRINT

	SWIM	30 minutes after the last start
	BIKE	It will be essential to have completed the bike U-turn (15 km) by 9:50 a.m.
	RUN	3 hours after the start

A51 OLYMPIQUE

	SWIM	1 hour after the last start
	BIKE	It will be essential to have completed the bike U-turn (20 km) by 12:07 p.m., and the 31.6 km mark by 12:47 p.m. Crossing the disembarkation line: maximum 1:15 p.m.
	RUN	The maximum duration to complete the event is 5 hours and 30 minutes in total, after your start. It will be essential to have completed the 5 km run before 1:50 p.m.






The Challenge Québec team may remove an athlete from the race if, based on location, weather conditions, and the athlete's average speed, it becomes impossible for them to finish the event within the prescribed time limits for each discipline (swim, bike, and run).




TIMING AND TIME LIMIT

Stops at aid stations and in the transition area are included in your total time. You will receive a split time for each event.

P113 DEMI

	SWIM	1 hour and 10 minutes after the last start
	BIKE	It will be essential to have completed the bike U-turn 68,8 km by 2:28 p.m. Crossing the disembarkation line: maximum et le 86,2 km by 3:15 p.m.
	RUN	The maximum duration to complete the event is 8 hours and 30 minutes in total, after your start. It will be essential to have completed the 10.8 km run before 4:53 p.m.

R226 LONGUE DISTANCE

	SWIM	2 hours and 20 minutes after the last start
	BIKE	It will be essential to have completed the bike U-turn 150,6 km by 4:10 p.m. Crossing the disembarkation line: maximum et le 172,2 km by 5:09 p.m.
	RUN	The maximum duration to complete the event is 15 hours in total, after your start. It will be essential to have reached the turnaround of the 4th lap (31.8 km) by 8:50 p.m.



SWIMMING

All swims will start at the Oasis of Bassin Louise. The average water temperature is expected to be about 69,8°F/21°C. The swim ends at the Oasis of Bassin Louise near the transition area.

WAVE STARTS

Swimmers will not be able to access Bassin Louise to warm up before the start.

They must go through the temporary shower set up by the Oasis and our volunteers.

Athletes will be grouped by age and must organize themselves according to their estimated swim time within each specific group.

There will be portable toilets in the start area.

The wave starts will be a group of six athletes, at approximately 10 second intervals.

It is mandatory to jump in the water. No dive will be permitted.





SWIMMING

Here are some swimming instructions and recommendations:

- White swim caps are available for athletes who are weaker swimmers. These caps help lifeguards identify athletes who have difficulty swimming and need to be watched closely. **Feel free to ask for a white cap at the start area or when you pick up your participant kit.**
- If you experience difficulty during the swim, you may call on a lifeguard in a boat for assistance. You are allowed to rest by holding onto the boat, but the lifeguard cannot propel you through the water.



COURSE

SWIM

Saturday, June 27, 2026

C25 SPRINT



THE ROAD TO **DATEV** CHALLENGE ROTH



750 M (1 LAP)



A51 OLYMPIQUE



1500 M (1 LAP)



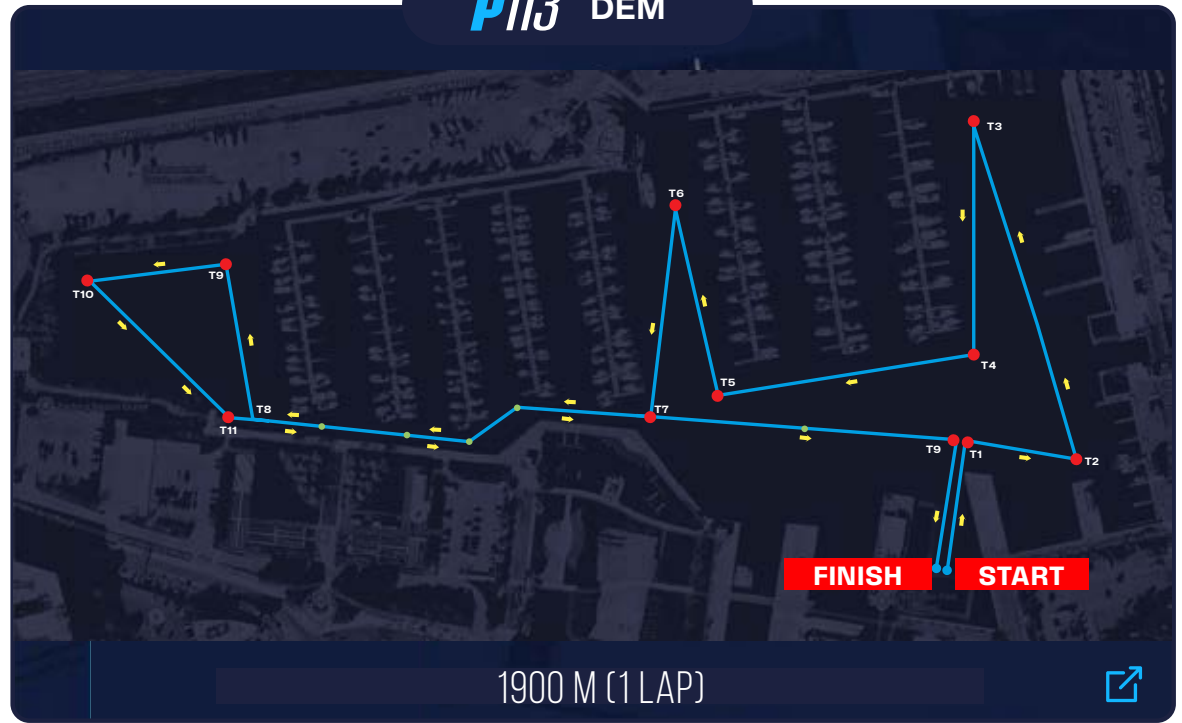
SAIL CHALLENGE QUÉBEC
POWERED BY ALPESCOM 33
THE ROAD TO **DATEV** CHALLENGE ROTH

COURSE

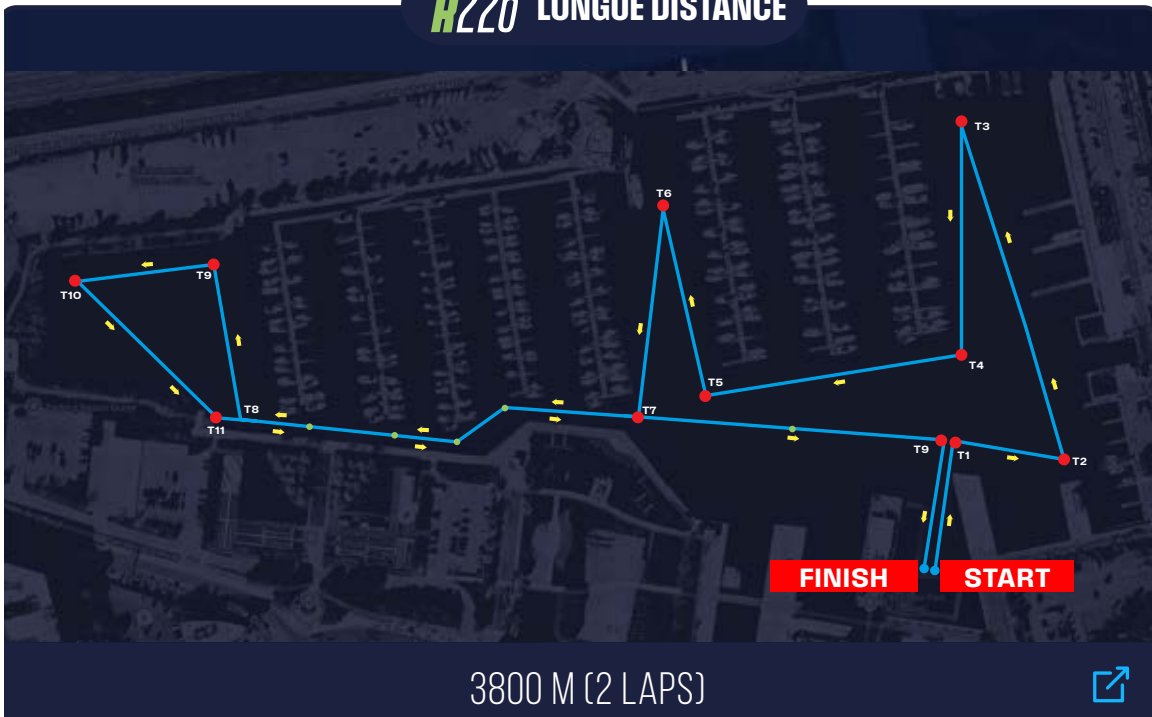
SWIM

Sunday, June 28, 2026

P113 DEM



R226 LONGUE DISTANCE



SAIL CHALLENGE
QUÉBEC
POWERED BY ALPESCOM 36 S.
THE ROAD TO **DATEV** CHALLENGE **ROTH**



SWIMMING

OFFICIAL WETSUIT SHOP

laboutiquedulac.com



There will be an on-site service centre where you can rent a wetsuit, have yours repaired, and take advantage of the various wetsuit prep and maintenance services (lubricating the zipper, silicone treatment, etc.). The team will be in the Exhibitor Village to sell wetsuits and accessories, and offer personalized advice to athletes for the swim portion.

On the morning of the race, a tent will be set up near the start where we can help you put on and adjust your wetsuit, and where you can find last-minute items.

WETSUIT RENTAL

You can rent your wetsuit online at the official shop website:
laboutiquedulac.com/pages/location-de-wetsuit

Fill out the form to submit your request, and a thermal wetsuit will be reserved in your name.

Price :

1 day - \$65

If you need to rent a wetsuit, we suggest getting your reservation in ahead of time. This improves your chances of finding the best one for you.

La Boutique du Lac will also have a wide selection of high-performance and performance wetsuits that will be available on site for the entire event.

Quantities are limited.

WE GOT YOUR BACK



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WWW.CADOMOTUS.COM




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Un site enchanteur
bordé de la Marina
et de l'Oasis.

*An enchanting setting,
bordered by the Marina
and the Oasis.*





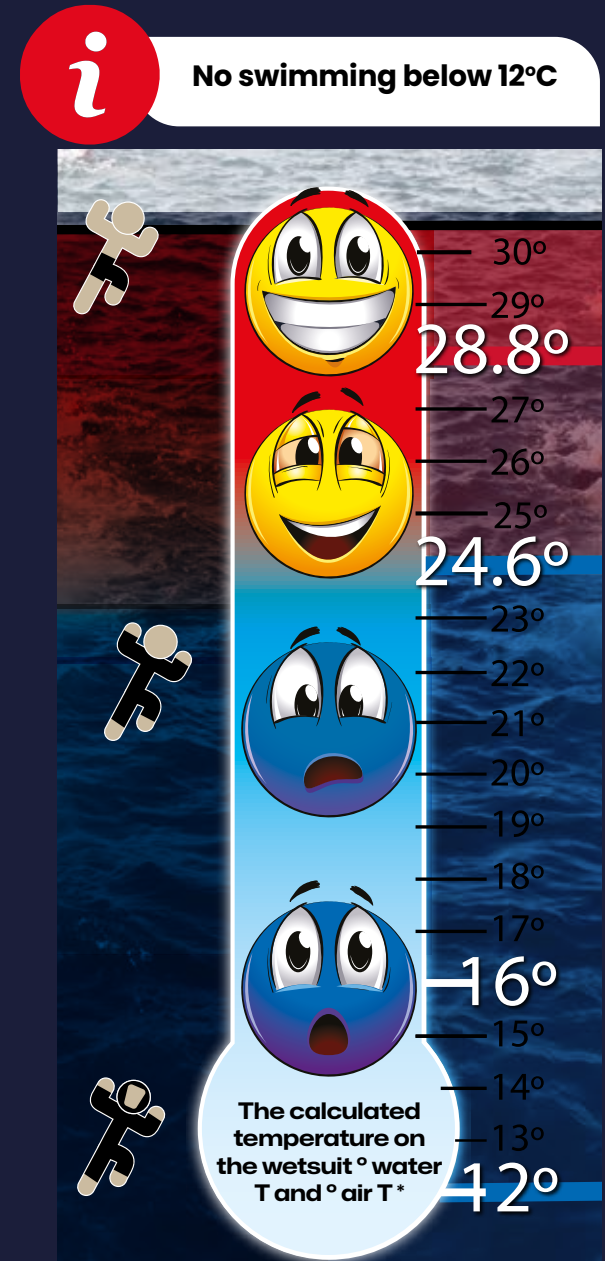
WETSUIT RULES

Wetsuits must be used in accordance with Triathlon Québec **REGULATIONS**. For more information (in French), please visit: [https:// www.triathlonquebec.org/lecons/natation-lecon-2-combinaison-isothermique/](https://www.triathlonquebec.org/lecons/natation-lecon-2-combinaison-isothermique/)

An official decision about the use of wetsuits will be made by Triathlon Québec officials one hour before the first start of the day. Therefore, if you ask us ahead of time whether wetsuits are allowed, we won't be able to answer. Announcers and officials will provide information the morning of the event.

THERE ARE THREE POSSIBLE SCENARIOS:

- 1 Wetsuits are **ALLOWED** if the water temperature is between 16°C and 22°C (24.6°C for the P113 Half, R226 Long Distance, and all athletes aged 60 and over).
- 2 Wetsuits are **NOT ALLOWED** if the water temperature is above 22°C for the Sprint and Olympic Triathlon, or above 24.6°C for the P113 Half, R226 Long Distance, and athletes aged 60 and over.
- 3 Wetsuits are **MANDATORY** if the water temperature is below 15.9°C.





SWIMMING/CYCLING TRANSITION

Any athlete who decides not to continue must immediately notify an official. Our primary concern is the safety of each swimmer. A full course check will be completed after the last swimmer. Lifeguards, divers, canoes, kayaks, buoys and boats along the course are there to provide visual assistance.

After swimming, you will pass under the timing arch and be directed to the transition area. Washrooms where you can change clothes are available on site, as needed. Nudity is not permitted. Please make sure you are properly dressed before starting your bike race.

You can bring your own food and snacks for nutrition as long as you can carry them on your person or on your bike.









CYCLING

From the Espace Quatre cents, towards the Dufferin-Montmorency Highway. The section of the highway will be closed to traffic for the event. The route follows the river with a slight change in elevation and runs close to majestic Montmorency Falls.

NOMBRE DE TOURS :

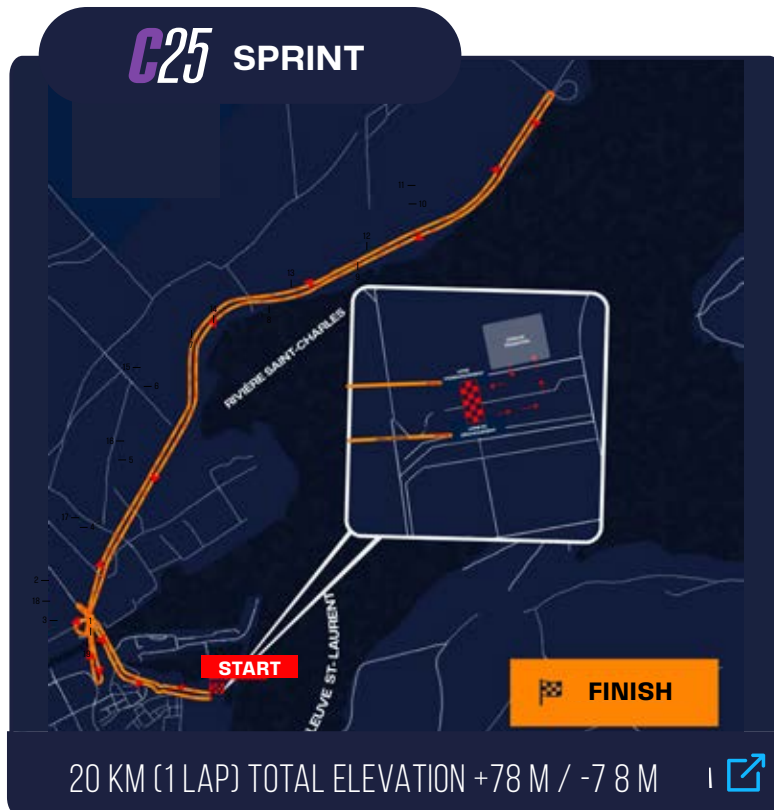
	Sprint - C25 : 20 km (1 lap)
	Olympique - A51 : 40 km (2 laps)
	Demi - P113 : 90 km (4 laps)
	Longue distance - R226 : 180km (8 laps)



COURSE

BIKE

Saturday, June 27, 2026



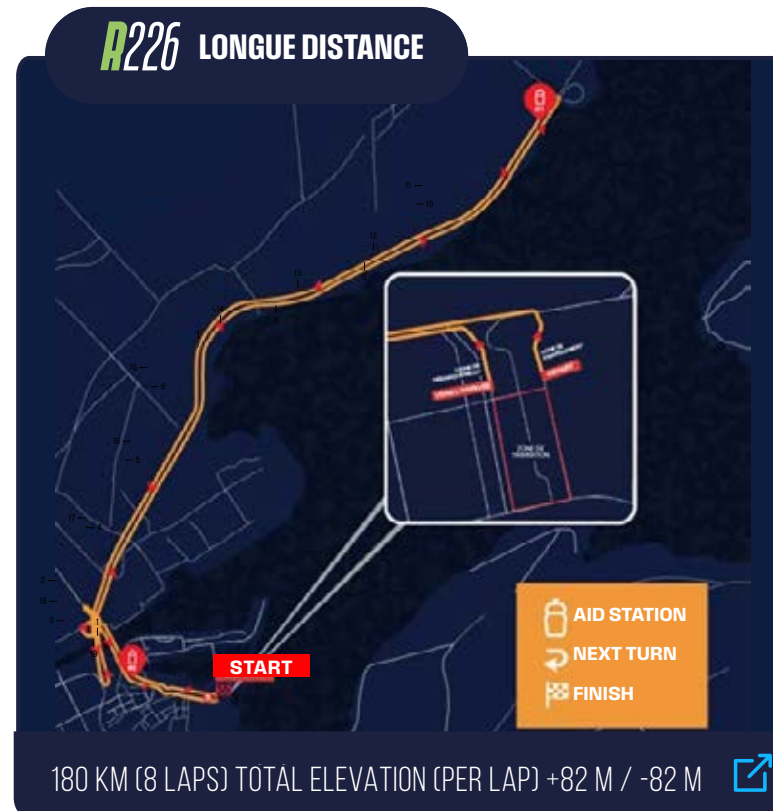
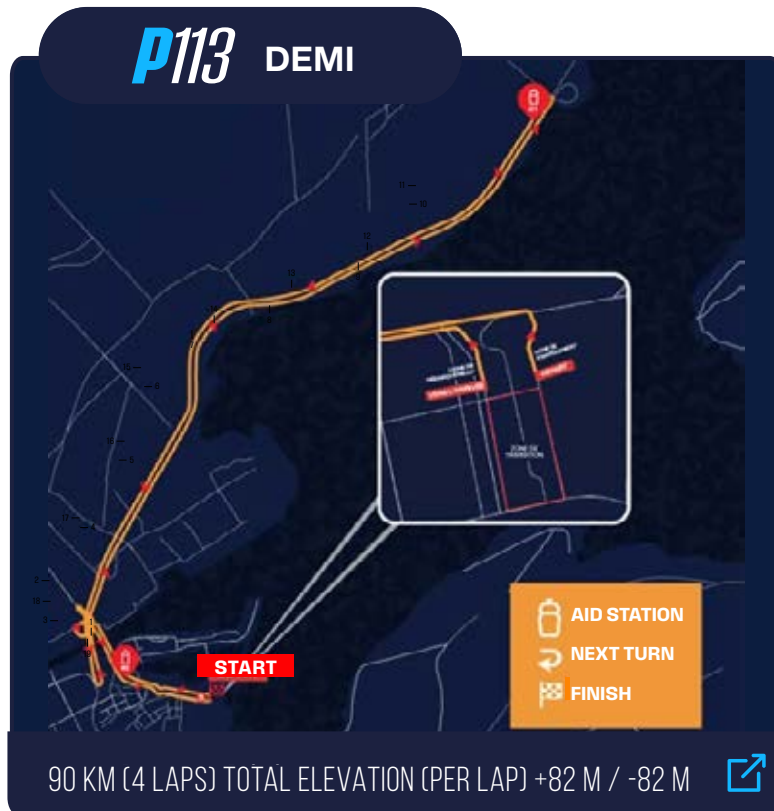
Elevation gain per lap



COURSE

BIKE

Sunday, June 28, 2026



Elevation gain per lap





NOUS SOMMES FIERS DE COLLABORER AU SAIL CHALLENGE QUÉBEC PROPULSÉ PAR ARGON 18

Passez nous voir au kiosque Mathieu Performance pour un ravitaillement ou du soutien mécanique.

Pour prendre rendez-vous en magasin avant l'événement ou à notre kiosque pendant l'événement, écrivez à c.dionne@mathieupformance.com



Trois boutiques pour mieux vous servir

QUÉBEC

1^{re} Avenue
418 524-2650

LÉVIS

5690 Rue Saint-Georges
418 837-2493

SAINT-AUGUSTIN

3679 Rue de l'Hétrière
418 871-0333

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We salute all triathletes—local
and international—and wish
you performances as strong
and inspiring as the dedication
that brought you here.



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DU LAC**

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OFFICIAL BIKE SHOP

mathieupformance.com

argon18.com



Mathieu Performance will run a bike shop right on site and provide mechanical service before the event. Athletes will be able to fix all their last-minute issues, and spectators can check out all the latest products and innovations.

BIKE RENTAL OR REPAIR

We encourage you to visit the store before the event to have your bike checked. Make arrangements in advance and schedule an appointment to ensure availability:

Mathieu Performance

496, 1^{re} Avenue, Québec, QC G1L 3J8

Contact person : Carl Dionne

Mathieu Performance

418 524-2650



SPARK

SPORTS NUTRITION

REFRESHMENT AREA

Two refreshment area on the bike course will be available for P113 and R226 participants only. Participants will be offered water, electrolyte drinks, sports gels and bananas. Reusable bottles will be handed out to P113 athletes in the refreshment area.

CYCLING/RUNNING TRANSITION

The athlete must leave his bike on the rack corresponding to his bib number.

For P113 and R226, you must store all bicycle equipment (helmet, etc.) in your bike bag. You can keep your cycling shoes attached to the pedals or stored in the bag. Use your running bag and get ready for the run.





RULES:

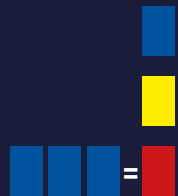
- Passing: On the day of the event, participants must ride on the right and pass on the left. A participant who violates these guidelines may receive a penalty for blocking.
- Your bike helmet must be fastened at all times (as soon as the bike is removed from the transition rack).
- Headphones and cell phones are not permitted.
- Cycling warm-up is not permitted on the day of the race on the Dufferin-Montmorency Highway.
- For athletes in C25, A51, P113 Half and R226 Long distance, the drafting zone is 12 meters and athletes have 25 seconds to complete an overtaking or to fall back after being overtaken.

TRIATHLON QUÉBEC





DRAFTING PENALTY



Officials on the bike course may issue penalties and issue cards as follows.	
Drafting	Blue card, A time penalty of 3 minutes for full (R226), 2 minutes for half (P113), 1 minute for Olympic (standard), and 30 seconds for sprint (C25) will be added to your final time.
Blocking, littering or other	Yellow card, A time penalty of 1 minute for full (R226), 30 seconds for half (P113), 15 seconds for Olympic (standard), and 10 seconds for sprint (C25) will be added to your final time.
Red card or three blue cards	If an official shows you a red card, or if you accumulate 3 blue cards, you will be disqualified from the race.

The DRAFTING penalty is 1 minute for Sprint distances, 2 minutes for Olympic distances and 5 minutes for P113- MIDDLE distances and R226 Long Distance. For more information on drafting, see the Triathlon Québec **REGULATIONS** (in French) here: <https://www.triathlonquebec.org/lecons/velo-lecon-3-video-sillonnage/>





RUNNING




COURSE

The race course is a journey through 400 years of history, and world heritage recognized by UNESCO.

A running course celebrating nature in the heart of Quebec City. The running course follows the Saint-Charles River Linear Park, which rises in the Laurentian Mountains and flows into the majestic St. Lawrence River. You'll enjoy a unique experience where nature and the urban center blend harmoniously.

Your run will be fast, and the finish, we guarantee, will be magnificent!

NOMBRE DE TOURS :

	Sprint - C25 : 5 km (1 lap)
	Olympique - A51 : 10 km (2 laps)
	Demi - P113 : 21.1 km (2 laps)
	Longue distance - R226 : 42,2 km (4 laps)



COURSE

RUN

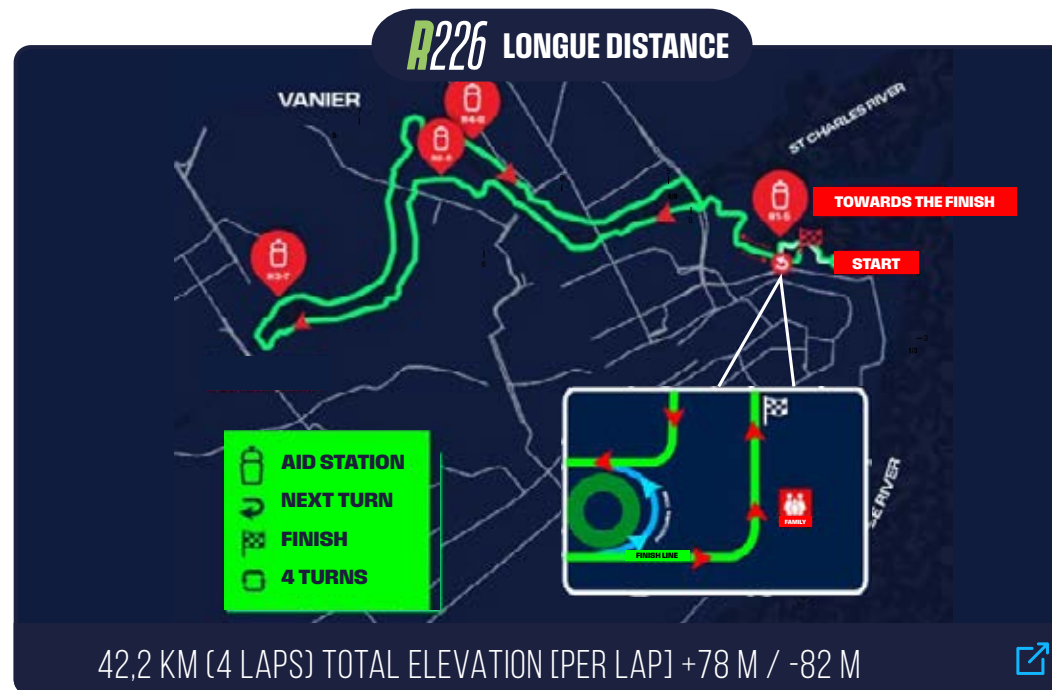
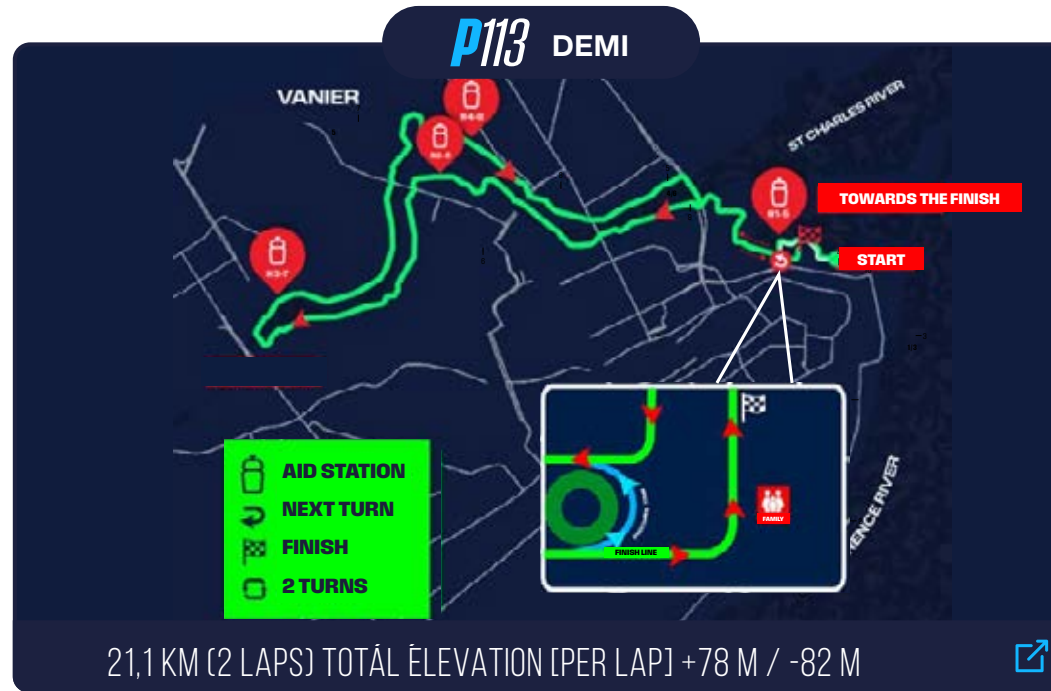
Saturday, June 27, 2026



COURSE

RUN

Sunday, June 28, 2026





THE OFFICIAL
ON-COURSE
NUTRITION

**PROUD TO PARTNER WITH THE SAIL
CHALLENGE QUÉBEC**

Visit us at the SPARK booth to discover our
products and fuel up



READY TO
PERFORM?

Bravo, bravo et bravo.



Nous sommes fiers de supporter
tous les triathlètes du
Sail Challenge Québec 2026.

2125 rue Frank-Carrel, Québec
lavalvw.com



Sans flafla depuis 1968

Les Roses ÉVOLUTION

**30 teams.
One incredible energy.**

Thank you to Les Roses
or lighting up the P113 Relay and
being part of the
Challenge Family!



REFRESHMENT AREA

The running course has 3 refreshment stations per lap on Saturday and 4 stations per lap on Sunday. Participants will find water, gels, and electrolyte drinks there. For P113 and R226 athletes only, there will also be bananas and cola available. The refreshment stations will also have portable toilets for participants.



We recommend avoiding single-use bottles and bringing your own reusable bottles that you can fill at the 4 refreshment stations.

No single-use plastic water bottles will be available on site on the day of the event. However, the Challenge Québec team has prepared by opting for recyclable cardboard cups.



RULES:

- Passing: Run on the right, pass on the left.
- Cell phones and headphones are prohibited at all times during the run.
- You must wear your race bib at all times.
- You are not allowed to warm up on the running course.
- Throwing trash on the ground is not permitted, except at locations provided for that purpose in the refreshment areas.





RELAY RACES (TEAM)

Participants in relay events must follow the same guidelines as other participants for all events. The organization will provide ONE timing chip per team. Team members must exchange the timing chip at the designated area in the transition zone (swimmer to cyclist, cyclist to runner) between each discipline.

PARTICIPANTS IN THE TEAM TRIATHLON CAN CROSS THE FINISH LINE TOGETHER AND COLLECT THEIR MEDALS.



FOOD

The athletes' meal tent will be open on Saturday from 9 AM to 2:30 PM and on Sunday from 10:30 AM to 10 PM. Access is restricted to athletes wearing a bracelet.

We are delighted to inform you that after the event, a delicious meal will be served for all participants of the Challenge Québec. Whether you are a meat lover or vegetarian, there will be something for everyone!

PLEASE NOTE:

Unfortunately, we will not be able to accommodate food allergies. We therefore recommend that you take the necessary precautions if you have specific allergies.

Our goal is to provide you with a delicious and culinary experience everyone can enjoy, so you can focus on your performance and get the most out of the event.

Bon appétit!



Come and see us in Lac Etchemin !

- all our beers are brewed on site
- complete food menu
- kids and dogs welcomed
- board games and outdoor games

GETTING LOUD WITH THE CROWD?



RED BULL GIVES YOU WINGS. 

NUTRITION AND HYDRATION GUIDE

Eating the right foods prior to your race can greatly improve your performance and make for a better race experience overall.

This nutrition guide provides eating and hydration guidelines to think about and practice as you prepare for your upcoming race(s).



NUTRIENT REVIEW



CARBOHYDRATES (CARBS) are the most important nutrient for running, as they're our primary fuel source. Carb sources include pasta, potatoes, brown rice, and whole grain bread.



FATS are another important fuel source for lower intensity exercise and rest. Healthy fat sources include nuts/seeds, dairy products, oils and avocados.



PROTEINS are used for muscle building and repair. Protein sources include meat/fish, eggs, dairy products, soy products and beans/lentils.



ELECTROLYTES like sodium and potassium regulate our body's fluids and pH, and are lost when we sweat. We get these through food, but supplementation is recommended based on sweat levels, exercise intensity/duration and temperatures.



WATER is also lost through sweat; making hydration before, during and after your runs a must.

PRE-RACE NUTRITION (24H BEFORE)

A 10km race does not require a formal carb-load (nutrition strategy to load your muscle carb stores before a race), however it's still important to focus on carb intake the day before your race:

- » Increase your carb intake by choosing higher carb meals/snacks, including a lower-fibre, carb-rich dinner with some lean protein like pasta with tomato sauce and ground beef. Stay away from higher fat items like cream/cheese sauces or pizza, which take longer to digest.

You don't want to increase total calorie intake by too much, just the percentage of calories you are getting from carbs.

- » Drink lots of water and take a peek at your urine to make sure you are well-hydrated (it should be pale yellow or straw-coloured).
- » Keep exercise minimal the day before the race to keep your carb stores high, apart from walking or an easy 15 to 20-minute shakeout run (if that's part of your routine).

RACE-DAY NUTRITION

2-3HRS BEFORE THE RACE:

- » Have an easily digested, carb-rich meal with a little bit of fat and protein like peanut butter, banana & honey on toast or oatmeal made with milk & berries. Make sure you've tested your pre-race meal out before training runs, to avoid any digestive mishaps during your race.
- » Aim to sip on ~500ml of fluid the morning of the race, ideally water with an electrolyte mix in it!

WITHIN 30 MIN. OF THE RACE:

- » Have an extra 20-30g carbohydrate top-up for an extra boost of energy. Examples would be a banana, a sports gel or chews, or a full-sugar energy drink.

DURING THE RACE:

- » Most people will not need fuel during a 10km race, because the stored fuel (carbs) in our muscles will last us for 60-90 minutes of activity. However, if you will be running for longer than this, take a sports gel roughly 45 minutes into the race but make sure you've tried this in training runs.
- » Hydration needs will vary on individual sweat rates, speed and outdoor temperature – but generally, it is recommended to take water at hydration stations on the course so that you can maintain optimal hydration levels.

AFTER THE RACE:

Focus on these 3 R's: Refuel your gas tank with carbohydrates, Rehydrate losses from sweat with water and electrolytes, and Rebuild with protein to recover and repair. Have some fluids and a carb-rich snack within an hour of finishing, then have a proper meal 2-3 hours after finishing.

CAFFEINE AND PERFORMANCE:

Caffeine is used as a nutrition strategy that can improve running performance by reducing time to exhaustion and giving you an extra kick to run faster. Popular sources include energy drinks, with a 250 ml can providing 80 mg of caffeine, and coffee, with a small cup or single shot of espresso providing ~65-95 mg. Depending on your sensitivity to and experience with caffeine, you can safely have up to 200mg before your race, ideally within an hour, and up to 400mg from all sources in one day. However, it's important to note that more caffeine is not necessarily better when it comes to performance, and it's crucial to test out caffeine intake in training runs.



Red Bull
80 mg per 250 ml



Coffee
~65-95 mg

FINISH LINE

AT THE FINISH LINE



Friends and/or family members (maximum of 4) can cross the finish line with the athlete at the appropriate moment. A designated area will be set up near the finish line for families to wait for their athlete. We want the athlete to share this moment with loved ones who have supported them throughout their journey. This policy ensures that each competitor has sufficient time to celebrate their achievement without interfering with other finishers, and it ensures the safety of all athletes, volunteers, and spectators.

It will NOT be possible to cross the finish line with an animal.

MEDALS AND JERSEYS

Jerseys and participation medals will be available to all participants. The jerseys will be handed out at the participant kit and medals will be given out at the finish line.

* Please refer to the schedule for details about the medal ceremonies.



ARGON 18



VILLE DE
QUÉBEC

SAIL CHALLENGE
QUÉBEC
EN ROUTE VERS DATEV CHALLENGE
RÔTH

SAIL

PORT
QUÉBEC

Québec

DATEV CHALLENGE ROTH 2027 LOTTERY

The Challenge Family team is pleased to announce a unique opportunity to take part in a lottery—and have a chance to secure your spot for the incredible DATEV Roth Challenge 2027 if you are registered for the Half Distance (P113). To participate, simply register for the lottery during your visit at the athlete registration.

Twenty names will be drawn at random—regardless of time or performance. **You must be present at the BUZZ LAVAL Volkswagen stage at 5:00 p.m. on Saturday.** If selected, you will be assisted with completing your payment and securing your spot, while also receiving a ROTH 2027 participation certificate.

R226 athletes automatically earn their entry to the incredible DATEV Roth Challenge 2027.

The legendary DATEV Roth Challenge triathlon, held every year since 1984, brings together the world's best triathletes for 3.8 km of swimming, 180 km of cycling, and 42.2 km of running in the heart of the German countryside. It is a chance to tick this item off your bucket list and proudly wear the bib for a once-in-a-lifetime race.





THE CHAMPIONSHIP

CHALLENGE Québec is one of the qualifying races for THE CHAMPIONSHIP. A total of 72 slots are available for the 2027 edition.

One slot is allocated for each of the top six competitors in each age group (men and women) in the CHALLENGE FAMILY Middle and Long Distance races. Slots will roll down to 12th place in each category.

Athletes will have four weeks after completing their qualification race to confirm their slot. They will receive their time slot via email after the race.





QUALIFY NOW!
23 MAY 2027

www.thechampionship.de



RACE CALENDAR 2026

CHALLENGE ISRAMAN ISRAEL, 30 JAN 2026	Ⓞ LONG MIDDLE	CHALLENGE TURKU FINLAND, 26 JUL 2026	MIDDLE
CHALLENGE SIR BANI YAS ABU DHABI, 30 JAN - 1 FEB 2026	LONG MIDDLE OLYMPIC	CHALLENGE FORTALEZA BRAZIL, 30 AUG 2026	MIDDLE
GALLAGHER INSURANCE CHALLENGE WĀNAKA NEW ZEALAND, 21 FEB 2026	MIDDLE	CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 12 SEP 2026	LONG MIDDLE
CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 18 APR 2026	MIDDLE	SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 13 SEP 2026	MIDDLE OLYMPIC
GDANSK MARATHON POLAND, 19 APR 2026	MARATHON	CHALLENGE SAMARKAND UZBEKISTAN, 13 SEP 2026	MIDDLE
CHALLENGE FLORIANÓPOLIS BRAZIL, 19 APR 2026	MIDDLE	CHALLENGE SANREMO ITALY, 4 OCT 2026	MIDDLE
CHALLENGE TAIWAN TAIWAN, 23-26 APR 2026	Ⓞ LONG MIDDLE OLYMPIC	CHALLENGE VIEUX BOUCAU FRANCE, 10 OCT 2026	MIDDLE OLYMPIC
CHALLENGE CESENATICO ITALY, 10 MAY 2026	MIDDLE	CHALLENGE PEGUERA MALLORCA SPAIN, 17 OCT 2026	MIDDLE
CHALLENGE SALOU-COSTA DAURADA SPAIN, 10 MAY 2026	MIDDLE SHORT	CHALLENGE MALAYSIA MALAYSIA, 18 OCT 2026	MIDDLE
THE CHAMPIONSHIP SLOVAKIA, 24 MAY 2026	MIDDLE	CHALLENGE SHANGHAI CHINA, 24 OCT 2026	MIDDLE
CHALLENGE ST PÖLTEN AUSTRIA, 31 MAY 2026	MIDDLE	CHALLENGE BARCELONA SPAIN, 25 OCT 2026	MIDDLE SPRINT OLYMPIC
LOTTO CHALLENGE GDAŃSK POLAND, 21 JUN 2026	MIDDLE	CHALLENGE FORTE VILLAGE SARDINIA ITALY, 25 OCT 2026	MIDDLE
CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 28 JUNE 2026	MIDDLE	CHALLENGE XIAMEN CHINA, 7 NOV 2026	MIDDLE OLYMPIC
SAIL CHALLENGE CAP QUÉBEC CANADA, 28 JUNE 2026	Ⓞ LONG MIDDLE OLYMPIC	CHALLENGE CANBERRA AUSTRALIA, 22 NOV 2026	MIDDLE OLYMPIC
CHALLENGE SANDEFJORD NORWAY, 28 JUNE 2026	MIDDLE	CHALLENGE FLORIANÓPOLIS BRAZIL, 29 NOV 2026	MIDDLE
DATEV CHALLENGE ROTH GERMANY, 5 JULY 2026	Ⓞ LONG		
CHALLENGE GUNSAN-SAEMANGEUM KOREA, 12 JULY 2026	MIDDLE		



**ALL RACES ARE
QUALIFICATION
RACES FOR THE
CHAMPIONSHIP**



#EveryAthleteEveryChallenge #HeartOfTriathlon • www.challenge-family.com

BIKE AND EQUIPMENT PICK-UP

You can retrieve your bike and equipment in the transition area (please check the schedule for retrieval times). You must wear your athlete bracelet to access the transition area. If you are unable to personally retrieve your bike and equipment, a family member or friend can do so on your behalf using the ticket provided with your race kit (as a proxy). You must fill out this proxy form with all required information and sign it.

See the schedule for pick-up times.

PROCURATION

Your friend or relative must have this proxy form to collect your equipment and must present a photo ID. This rule is a safety measure.

LOST AND FOUND

Lost items will be held at the Espace Quatre Cents during the event weekend.

We suggest you label your equipment with your race bib number. Challenge Québec cannot be held responsible for lost items.

Any items not retrieved within 30 days will be given to a local charity.



RACE PHOTOS

A lot of photographers will be at the end of the swim course, along the bike course and the running course and, of course, at the finish line!

How to order your photos:

- You must register at www.finisherpix.com. You will be notified once your photos are available online for you to view and purchase. If you order your photos in advance, you will receive them a few days after the event.
- Have your athlete number visible at the FRONT of your bike helmet so you can be identified during the event.
- Wear your race bib at the FRONT during the running race and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line!





JOIN OUR MOVEMENT AND HELP IT SUCCEED

- 1** Choose public transit and carpooling
- 2** Practice four-stream sorting of your residual materials: recycling, composting, return of deposit containers, and waste disposal.
- 3** Reduce excess packaging and waste
- 4** Use water refill stations
- 5** Download paperless digital tools

**Will you join us for a
healthier planet?**



TRI TRAVEL

STRONGER TOGETHER

22 YEARS AS THE OFFICIAL TRAVEL PARTNER OF CHALLENGE ROTH



Make the most of your Challenge Roth 2027 experience with our exclusive 5 or 7 night tour packages for both athletes and spectators.

Stress-free, fully supported, and unforgettable.

JOIN US IN 2027

SCAN TO FIND
OUT MORE >



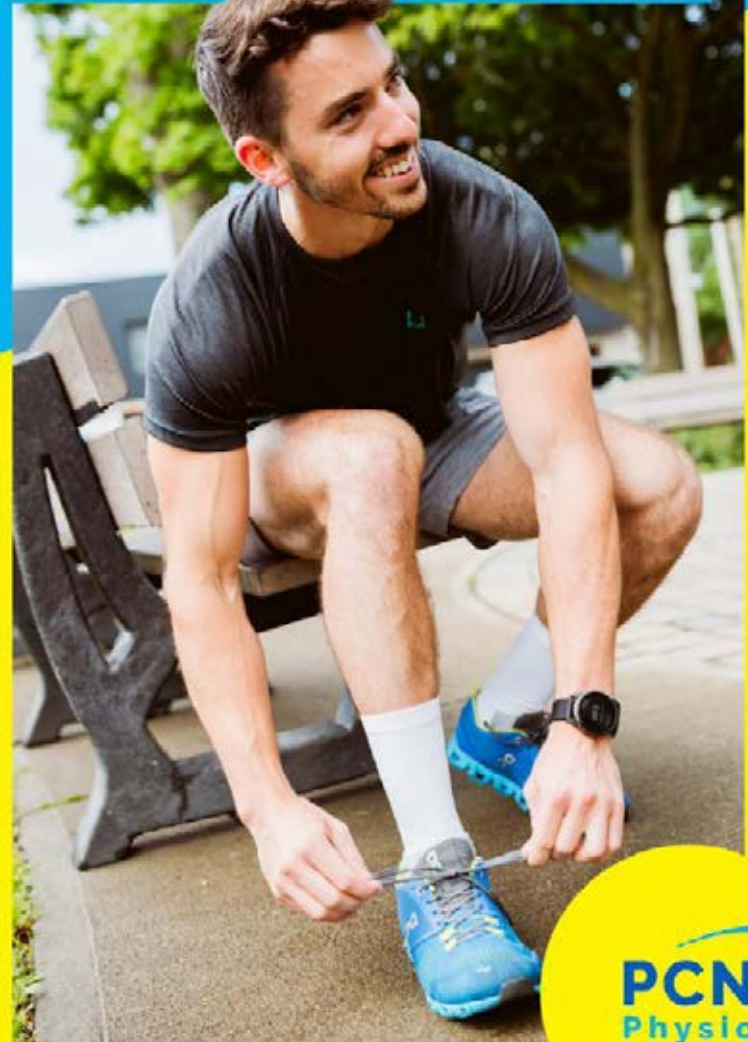
TRI TRAVEL ARE THE OFFICIAL TRAVEL PARTNER FOR



www.tritravel.global

f @ @TriTravel

TOGETHER, WE ARE A TEAM



PCN
Physio



VanLife
CAMPERS



**CANADA'S #1
MANUFACTURER
OF 4-SEASON CAMPERVANS**

THANK YOU TO OUR VOLUNTEERS

Remember to thank the volunteers! The event would not be possible without them.

For more information or to join the volunteer team:

www.capquebec.com/benevoles

benevoles@challengecapquebec.com





HOODIE (BACK)

CAP QUÉBEC 2026 MERCHANDISE
POUR VOIR PLUS D'ITEMS, VISITEZ NOUS À L'EXPO
FOR MORE ITEMS PLEASE VISIT US AT THE EVENT EXPO



RUNNING SHORTS



TRAINING PANTS



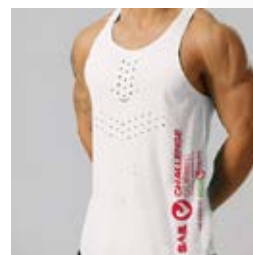
QUARTER ZIP



LIGHTWEIGHT HOODIE



RUNNING JACKET



SINGLET



QUARTER ZIP HOODIE

TITLE PARTNER



PRESENTING PARTNER



INSTITUTIONAL PARTNERS



SERVICE PARTNER

OFFICIAL VEHICLE



GOLD



SILVER



BRONZE



SAIL CHALLENGE QUÉBEC

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THE ROAD TO  DATEV  CHALLENGE ROTH

SEE YOU IN 2027!

challenge-quebec.com



Québec 



Québec 
l'accent d'Amérique

PORT QUÉBEC
D'ICI, ON VOIT LOIN
FROM HERE, WE SEE FAR AHEAD

TRIATHLON QUÉBEC

